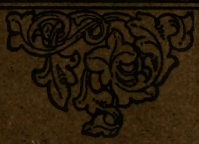
ATHLETIC RULES



OF THE

Canadian Amateur Athletic Union

ATHLETIC RULES
OF THE
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RULE I.

OFFICIALS.

The officers of an Athletic Meeting shall be—

A Games Committee,
One Referee,
Two or more Inspectors,
Three Judges at Finish,
Three or more Field Judges or Measurers,
Three or more Timekeepers,
One Judge of Walking, with assistants, if necessary,
One Starter,
One Clerk of the Course, with assistants, if necessary,
One Scorer, with assistants,
One Marshal,
One Announcer.

RULE II.

THE GAMES COMMITTEE

in all Canadian championship meetings shall be appointed by the Executive of the Board of Governors.

The Games Committee at any club meeting shall be composed of members of the club holding the meeting.

This Committee shall have jurisdiction of all matters not assigned by these rules to the Referee or other games officials.

RULE III.

THE REFEREE

shall decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official programme, and to add to or to alter the announced arrangement of heats in any event. A referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

When, in a final heat, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest under the rules of the Canadian Amateur Athletic Union, a competitor shall conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators or competitors, the referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offense worthy of additional punishment shall promptly make a detailed statement of the facts to the Registration Committee of the C.A.A.U.

RULE IV.

THE INSPECTORS

shall stand at such points as the Referee may designate to watch the competitors closely, and in case of a claim of foul to report to the Referee what they saw of the incident.

The Inspectors are merely assistants to the Referee, to whom they shall report, but in no case shall they give decisions.

RULE V.

THE JUDGES AT FINISH

shall determine the order of finishing of contestants and shall arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require.

In case of disagreement the majority shall decide.

Their decision as to the order in which the men finish shall be final and without appeal.

RULE VI.

THE FIELD JUDGES OR MEASURERS

shall measure each trial of each competitor in all games whose record is one of distance or height.

They shall act as judges of these events, and their decisions, as to facts shall likewise be without appeal. In case of disagreement a majority shall govern.

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RULE VII.

THE TIMEKEEPERS

shall be not less than three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The flash of the pistol shall denote the actual time of starting.

If, for any reason, only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted.

For record, however, three watches must be held on an event and record the time.

All watches used in timing championship events must have been previously certified to by the official watch examiner in accordance with General Rules.

RULE VIII.

THE STARTER

shall have sole jurisdiction over the competitors after the Clerk of the Course has promptly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "go" shall be used.

An actual start shall not be effected until the pistol has been purposely discharged after the competitors have been warned to get ready. In case the pistol was not purposely discharged the competitors shall be called back by the Starter by pistol shot.

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

Penalties for false starting shall be inflicted by the Starter, as follows:

In all races up to and including 125 yards the competitor shall be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over 1,000 yards and including one mile, five yards for the first and five

more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The Starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after the Starter has given the warning to "get ready."

RULE IX.

THE CLERK OF THE COURSE

shall be provided with the names and the numbers of all entered competitors; shall record the names of all competitors who shall report to him; shall give them their numbers for each game in which they are entered, and he shall notify them to appear at the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after the Starter has warned them to "get ready"; and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor. He shall control his assistants, and assign to them such duties as he may deem proper.

RULE X.

THE JUDGE OF WALKING

shall have sole power to determine the fairness or unfairness of walking, and his rulings thereon shall be final and without appeal.

He shall caution any competitor whenever walking unfairly, the third caution to disqualify, except that he shall immediately disqualify any competitor when walking unfairly during the last 220 yards of a race. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XI.

THE SCORER

shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers. He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XII.

THE MARSHAL

in all championship meetings shall have full police charge of the enclosure, and shall prevent any but officials and actual competitors from entering or remaining therein. He shall control his assistants, and assign to them their duties.

RULE XIII.

THE ANNOUNCER

shall receive from the Scorers the result of each event, and announce the same by voice, or by means of a bulletin board.

RULE XIV.

COMPETITORS

shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition.

Trainers and handlers shall not be allowed within the center field or inner circle, or on the track immediately prior to or during competitions at championship meetings, except in distance races exceeding one mile.

All entries must be made in real name of the competitor.

Competitors in handicap competitions shall be required to send with their entries full and definite particulars as to their last three performances (if any).

In all scratch events the competitors shall take their trials in the order of their names as printed in the programme.

In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

Every competitor must wear complete clothing from the shoulder to the knees (e.g.), jerseys and loose drawers.

An athlete who fails to compete after entering an event in a bona fide way, and, according to rules, shall, if requested, furnish a satisfactory excuse for so doing or render himself liable to censure or suspension by the Registration Committee.

No competitor shall be allowed to start without his proper number.

RULE XV.

PROTESTS

against any entered competitor may be made verbally or in writing to the Games Committee or any member thereof before the meeting, or to the Referee during the meeting. If possible, the Committee or Referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor, in which case the Games Committee must report such protest within forty-eight hours to the member of the Registration Committee.

RULE XVI.

TIES.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping, the tieing competitors shall have three additional trials at the height last tried, and if still undecided, the bar shall be lowered to the height next below, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in the pole vault the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

In handicaps, where a tie occurs, the scratch man or man with the smallest allowance shall be given the place.

In case of a tie in a scratch contest at any game decided by distance, each of the tieing competitors shall have three additional trials, and the award shall be made in accordance with the distances cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

RULE XVII.

THE COURSE.

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents.

In all championship races of the Canadian Amateur Athletic Union, or any of its Divisions, at any distance under and including 220 yards, each competitor shall have a separate course, properly roped, staked and measured, whether the race be run on a straight path or around one or more curves.

The Referee shall disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The Referee shall disqualify from further participation in the games any contestant competing to lose, to coach, or to in any way impede the chances of another competitor either in a trial or final contest.

RULE XVIII.

THE FINISH

shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and four feet above which line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winner's body, except his hands or arms, shall touch the tape at the finish line.

The tape is to be considered the finishing line for the winner, but the order of finishing across the track line shall determine the position of the other competitors.

RULE XIX.

TRACK MEASUREMENT.

All distances run or walked shall be measured upon a line eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line.

RULE XX.

HURDLES.

Different heights, distances and number of hurdles may be selected for hurdle races.

In the 120 yards hurdle race, ten hurdles shall be used; each hurdle to be three feet six inches high. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line. In the 220 yards hurdle race ten hurdles shall be used, each hurdle to be two feet six inches high. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In the 70 yards indoor hurdle race five hurdles shall be used; each hurdle to be two feet six inches high. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards from the finishing line.

In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal intervals, with the same space between the first hurdle and the starting point, and the last hurdle and the finishing line as between each of the hurdles.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position.

RULE XXI.

JUMPING.

SEC. 1. A fair jump shall be one that is made without the assistance of weights, diving, somersaults or handsprings of any kind.

In all handicap jumps the scratch man shall be entitled to try last.

THE RUNNING HIGH JUMP.

SEC. 2. The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

Running under the bar in making an attempt to jump shall be counted as a "balk," and three successive "balks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

A competitor may decline to jump at any height in his turn, and by so doing, forfeits his right to again jump at the height declined.

THE STANDING HIGH JUMP.

SEC. 3. The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear from the ground or slide it along the ground in any direction.

With this exception the rules governing the RUNNING HIGH JUMP shall also govern the STANDING HIGH JUMP.

THE RUNNING BROAD JUMP.

SEC. 4. When jumped on earth a joist five inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and in championship events the best three shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

The distance of the run before the scratch line shall be unlimited.

THE POLE VAULT.

SEC. 5. The height of the bar at starting and at each successive elevation shall be determined by the officials.

Three trials allowed at each height. Each competitor shall make an attempt in the order in which his name appears on the programme, then those who have failed shall have a second trial in regular order, and those failing on this trial shall take their final trial.

Displacing the bar counts as a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk. Two balks constitute a try.

Leaving the ground in an attempt shall constitute a try.

A competitor may omit his trials at any height, but if he fail at the next height he shall not be allowed to go back and try the height he omitted.

The poles shall have no assisting devices, except that they may be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one spike at the lower end. No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Poles shall be furnished by the club giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles except by the consent of their owners. The poles shall be unlimited as to size and weight.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

In case of a tie the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

In handicaps where a tie occurs, the scratch man or man with the smallest allowance shall be given the place.

The rule governing the RUNNING BROAD JUMP shall also govern the POLE VAULT for distance, except that when the man leaves the ground in an attempt, it shall be counted a trial.

THE STANDING BROAD JUMP.

SEC. 6. The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, or slide it along the ground in any direction.

In all other respects the rule governing the RUNNING BROAD JUMP shall also govern the STANDING BROAD JUMP.

THE THREE STANDING BROAD JUMPS.

SEC. 7. The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the STANDING BROAD JUMP shall also govern the THREE STANDING BROAD JUMPS.

RUNNING HOP, STEP AND JUMP.

SEC. 8. The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be

used for the second landing, and both feet shall be used for the third landing.

In all other respects the rules governing the RUNNING BROAD JUMP shall also govern the RUNNING HOP, STEP AND JUMP.

RULE XXII.

THE SHOT.

The shot shall be a solid sphere, made of metal, and weighing at least twelve or sixteen pounds, as the event may call for. For indoor competition the shot may be covered with any material, the combined weight of which shall not be less than the above weights.

The shot shall be "put" with one hand, and in making the attempt it shall be above and not behind the shoulder.

The competitor shall stand in a circle seven feet in diameter, and it shall be divided into two halves by a line drawn through the center. In the middle of the circumference of the front half shall be placed a stop-board four feet long, four inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against, but not on top of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board, the circle, or the ground outside the circle, and the competitor leaves the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the put is measured.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

The order of competing and number of trials shall be the same as for the RUNNING BROAD JUMP. Shots shall be furnished by the Games Committee. Any contestant may use his private shot, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

RULE XXIII.

THROWING THE 56-LB. WEIGHT.

SEC. 1. The weight shall be a metal sphere, with a metal handle attached. Their combined weight shall be at least fifty-six pounds, and their combined height shall not be more than sixteen inches, but no flexible attachment shall be allowed.

All throws shall be made from a circle seven feet in diameter.

In making his throws the competitor may assume any position he chooses, and use one or both hands.

Foul throws and letting go the weight in an attempt shall count as trial throws without result.

Weights shall be furnished by the Games Committee. Any contestant may use his private weight, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

IN THROWING FOR DISTANCE.

SEC. 2. A fair throw shall be one where no part of the person of the competitor shall touch in front of the circle in making an attempt. A throw shall be counted foul if the competitor steps over the front half of the circle before his throw is measured.

The measurement of each throw shall be from the nearest mark made by the fall of any part of the weight or handle to the inside edge of the circumference of the circle on a line from the mark to the center of the circle.

The number of trials and method of decision shall be the same as in the RUNNING BROAD JUMP.

IN THROWING FOR HEIGHT.

SEC. 3. A wooden disk three feet in diameter shall be suspended horizontally in the air.

The field judges shall determine the height at which the disk shall be fixed at the beginning of the competition, and at each successive elevation.

A fair throw shall be one where no part of the person of the competitor shall touch the circle or the ground outside of the circle before the weight touches the disk, and where any part of the weight or handle touches any part of the disk.

The measurement of each throw shall be from the ground perpendicularly up to the lowest part of the disk.

The method of competition shall be the same as in the RUNNING HIGH JUMP.

RULE XXIV.

THROWING THE HAMMER.

The head and handle may be of any size, shape and material, provided that the length of the complete implement shall not be more than four feet and its weight not less than sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter.

A fair throw shall be one when no part of the person of the competitor shall touch outside the circle in making the attempt.

A throw shall be counted foul if the competitor steps over the front half of the circle before his throw is measured.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the inside circumference of the circle, on a line from the mark to the center of the circle.

The number of trials and methods of decision shall be the same as in the RUNNING BROAD JUMP.

Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and length; in which case the other contestants must also be allowed to use it if they wish.

RULE XXV.

THROWING THE DISCUS.

The discus shall be of smooth, hard-wood body without finger-holes, weighted in the center with lead discs and capped with polished brass discs, with steel ring on the outside. The weight of the discus shall be four and one-half (4½) pounds; outside diameter, eight (8) inches; thickness in center, two (2) inches.

All throws shall be made from a seven (7) foot circle, with four foot stop-board, similar in all respects to the circle for putting the shot.

From the centre of this circle a straight line shall be drawn in the direction in which the competitors are to throw. At an angle of forty-five degrees on either side of this line shall be drawn side lines. To constitute a valid throw the discus must first strike the ground in the space between these side lines.

In making his throws a competitor may assume any position he chooses. Foul throws and letting go the discus in attempts shall count as trials without result. A fair throw shall be one in which no part of the person of the competitor touches the ground outside the front half of the circle and the competitor leaves the circle by its rear half. A throw shall be foul if any part of the person touches the ground outside the front half of the circle before the throw is measured.

In making his throw the competitor may assume any position he pleases, and the rules governing a "fair throw" to be the same as the hammer and 56-pound weight.

A discus shall be furnished by the Games Committee. Any competitor may use his private discus if it conforms to the rule, in which case other contestants shall be allowed to use it if they wish.

The measurements of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle on a line from the mark made by the discus to the center of the circle.

RULE XXVI.

TUGS-OF-WAR.

Tugs-of-war shall be pulled on cleats made of wood, same to be at least four inches thick, six inches high, and twenty-two inches long, and at least six feet six inches apart. The distance from the clamp in the center to the first cleat on either side shall be not less than six feet.

The cleats shall be set on edge and bolted to the board.

The rope shall be a manilla three-stranded rope, not less than four and a half, nor more than five inches in circumference. There shall be a clamp equi-distant from the first cleat on either side, which shall be sufficient to hold the rope in position until released.

This clamp shall not make an appreciable kink in the rope. Any position may be assumed before the pistol is fired. No mechanical device shall be used for holding the rope. No belts shall be used. But the anchorman may be allowed to use a single twist around the arm and below the shoulder. The flanges to hold the rope in place shall not be constructed so as to bind on the rope in any position that the anchor may assume. Competitors shall not use weights in unlimited pulls, but in pulls limited to specified weights, competitors may use weights, providing the total weight of the team, including weights, does not exceed the limit.

The standard time limit for each pull shall be three minutes, and a rest of not less than ten minutes shall be allowed each competitor between trial pulls. A shorter or longer time limit may be agreed upon for other than championship contests.

When Tugs-of-War are limited to teams of a given weight, competitors shall be weighed before competing. They shall be weighed as they pull; *i.e.*, including clothing, shoes, etc. The weighing-in shall be done immediately before the pull.

No knot of any kind shall be tied in the rope, and the rope shall not be passed more than once around the body of the anchor.

RULE XXVII.

TOSSING THE CABER.

The caber shall be round, made of solid wood, sixteen feet long, and shall weigh 100 pounds. The diameter of one end shall be twice the diameter of the other end, and it shall taper

gradually from the large to the small end. If metal additions should be necessary to bring the caber up to the required weight, an equal quantity must be added to each end, but in no case shall the entire quantity used exceed twenty pounds.

The caber shall be held perpendicularly by the small end, and shall be tossed so that the butt or large end shall strike the ground first, the object being to force over and away as far as possible from the competitor the small end, to which all measurements shall be made.

The distance of the run before the toss shall be unlimited.

The measurements shall be made from the toe of the foot on which the competitor stands when the caber leaves his grasp to small end of the caber as it rests on the ground. If standing on both feet, then the measurement shall be made from the toe of the foot farthest to the front.

Each competitor shall have three trials.

Letting the caber drop or touch the ground after it has been raised before making the toss shall be counted as a trial without result.

RULE XXVIII.

MARATHON ROAD RACES.

1. Each competitor must undergo a medical examination previous to the start by the medical officer or officers appointed by the Games Committee.

2. A competitor must at once retire from the race if ordered to do so by a member of the medical staff appointed by the Committee.

3. No competitor either at the start or during the progress of the race may take or receive any drug. The breach of this rule will operate as an absolute disqualification.

4. If necessary the station of each competitor at the start will be determined by lot, and in the event of competitors being too numerous to be started on a single line, they will be started on two or more lines.

5. In races of 10 miles and over each competitor shall be allowed two attendants, who shall wear on the arm the same distinctive number as the competitor.

6. The attendants shall during the progress of the race remain behind the competitor they are attending or be sufficiently in front to prevent them giving pacing assistance. Non-observance of this rule will disqualify the competitor.

7. Attendants will not be permitted at the start of the contest, but must proceed to an appointed place, not less than one mile from the start, and join their competitors as they pass. No attendant will be allowed to finish with the competitors.

8. Any competitor who drops out of the race and who subsequently obstructs another competitor, or who seeks to finish the race without having run over the whole course, will render himself liable to suspension by the Registration Committee.

9. Any competitor whose attendant or attendants obstruct another competitor will be disqualified.

10. Each competitor must provide his own attendants and required refreshments.

RULE XXIX.

RELAY RACES.

1. A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the succeeding runner. Failure to do this shall disqualify the team in that event. There shall be judges of relay racing whose duties it shall be to see that all touches are properly made.

2. The same rules with reference to fouling, coaching or impeding a runner in any manner, apply to relay racing as to other running events.

3. In the case of a handicap relay race, the runner on the first relay is granted the total handicap allowed each team.

4. No member of a relay team, in order to relieve his team mate, can run back of the line. No man can run two relays in any one team.

5. Only those are allowed to run in the final of a relay race who have competed in the trial heats.

6. The positions of the team must be drawn for.

7. In all relay races an announcement must be made as to what distance each man is to run in his relay. Any man failing to run the distance required shall cause his team to be disqualified. And the failing of any one man to run his full relay shall cause the team to be disqualified.